

Health & Fitness Classes



September is a great month to start a fitness program or healthier lifestyle

T'ai Chi Beginning—S.V. Miller

Experience the transformational joy of T'ai Chi. This class will introduce you to the ancient Chinese Yang-Style Form, which promotes vitality, coordination, and balance. The 24 Movements are performed in a continuous sequence at slow speed—beneficial for any age or physical shape. Min 5 Max 20.

Fee: IC \$72 OC \$77 8 classes

2000.101 Wed 6:00-7:30 pm 09/14-11/02

Adult Community Center

2001.101 Sat 9:15-10:15 am 09/17-11/05

Sunset Fire Hall Upstairs

T'ai Chi Advanced—S.V. Miller

T'ai Chi is both an external and an internal art. Add the deep inner principles of the T'ai Chi Masters to the transformational discoveries of your practice. The 32-Movement Yang Style Sword Form will also be included. This class is for the experienced and self-motivated T'ai Chi player who can perform the 24-Movement Yang Style Form solo. Min 5 Max 20.

Fee: IC \$72 OC \$77 8 classes

2002.101 Sat 10:15-11:45 am 9/17-11/05

Sunset Fire Hall Upstairs

Yoga, Beginning I - D. Rohrbacker

Rediscover the joy of movement. Increase strength, flexibility and energy while reducing stress. This class introduces the student to Hatha Yoga and breath meditation by a National Yoga Alliance registered Yoga teacher. Bring a mat and/or blanket, comfortable clothing, and empty stomach, and a positive frame of mind.

FEE: IC \$45 OC \$50

2020.101 M 7:30 – 9:00 pm 9/12 – 10/24 No class 10/10

Willamette Primary School, Cafeteria (except 9/12 at Adult Community Center)

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A Course in Yoga (beginning) – R. Lundberg

This course is a must do for anyone interested in yoga!!! The class is a movement course aimed at helping to enhance the yoga practice of students at any level. Alignment and detailed instruction are key elements in helping each student reach their yogic potential. Classes build upon each other creating a strong foundation for further study of yoga. All levels are welcome, just bring a great attitude and be willing to try something new. Rachel Lundberg is an experienced yoga teacher and is registered with the National Yoga Alliance. Her training is Iyengar-based which is designed to help all students reach their potential in yoga through the use of props and correct adjustment. Min 8 Max 20 FEE: IC \$120 OC \$125 (12 weeks) \$12 drop-in rate

2022.101 Th 7:45 – 9:00 pm 9/22-12/15 No class Nov. 24

Sunset Fire Hall, Upstairs

Yoga Level 1 at Sachi Wellness Center

The yoga experience begins by opening to the grace and beauty of our lives. By learning core and peripheral strength with flexibility, we then turn to our breath and focus by using inquiry and exploration to unfold our moment-to-moment experiences. This class includes beginning poses, stretching, breath work, and meditation techniques.

Fee: IC \$72 OC \$77

2006.101 W 9:30-10:45 am 9/7-10/26 (8 weeks)

Yoga Level 2 at Sachi Wellness Center

This class is designed for the yoga student with some experience. Special attention is given to postural alignment, core strength, and pose breakdowns while incorporating twists, inversions, and balance work.

Fee: IC \$ 72 OC \$77

2008.101 TU 9:00-10:15 am 9/6-10/25 8 weeks

Fee: IC \$ 72 OC \$77

2010.101 TH 9:00-10:15 am 9/8-10/27 8 weeks

Vinyasa Yoga at Sachi Wellness Center

The word Vinyasa means “breath-synchronized movement.” In other words, the teacher will instruct you to move from one pose to the next on an inhale or an exhale. This technique is sometimes also called Flow because of the smooth way that the poses run together and become like a dance. This class is suitable for all levels.

Fee: IC \$ 72 OC \$77

2012.101 M 9:00-10:00 am 9/12-10/31 8 weeks

Stretch and Awareness at Sachi Wellness Center

Taught by a physical therapist/yoga instructor, this class is perfect for the student that wants to go deeper into flexibility and personal awareness. This excellent instructor will guide you through the process of yoga and the benefits of knowing how to use your strength and couple it with flexibility to balance your lifestyle.

Fee: IC \$ 72 OC \$77

2014.101 M 6:30-7:30 pm 9/12-10/31 8 weeks

All Levels Yoga at Sachi Wellness Center

This class focuses on beginning to intermediate students with emphasis on breath, balance, and strength, which help to build each student’s individual practice. Modifications are offered for the different levels of students, times of life, and personal preference.

Fee: IC \$ 108 OC \$ 113

2016.101 W 6:00-7:30 pm 9/14-12/7 12 weeks (no class 11/23)

Saturday Morning Yoga at Sachi Wellness Center

Open to all levels. Start your weekend with an invigorating dance of movement and breathwork. The instructor will help students tailor the poses to their experience and ability.

Fee: IC \$ 72 OC \$ 77

2017.101 S 9:00 – 10:15 am 9/10-10/29 8 weeks

Fee: IC \$ 63 OC \$ 68

Yoga Calm® for Children at Sachi Wellness Center

Through Yoga Calm® children learn techniques to manage stress, regulate their energy and emotions, develop physical strength and flexibility, and develop healthy habits for a life of wellness. This class is recommended for all

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children ages 7-12.

Fee: IC \$ 150 OC \$ 155

6500.101 M 4:00-5:00 pm 9/26-11/28 10 weeks

Beginning Bellydance with Maia at Sachi Wellness Center

Beginning class covers the basics of body alignment and posture; hip, rib cage, and arm articulation; basic traveling movements; music and rhythms; and a simple choreography. Appropriate for all levels, including experienced dancers who want to get moving again.

Fee: IC \$72 OC \$77

2019.101 F 10:30 am – 12:00 pm 9/16 – 10/21

- [Parks and Recreation](#)

Source URL (retrieved on 2011-11-27 19:31): <http://westlinnoregon.gov/parksrec/health-fitness-classes>